



**Loch Tay Highland Lodges**  
**Killin 10K, 5K and Fun Run**  
**Saturday 27th August 2022**  
**Event Information**

Dear Participant,

Many thanks for entering the Loch Tay Highland Lodges Killin 10K, 5K and Fun Run on Saturday 27th August 2022. All the information about the event can be found on the pages below. If the answer to your question is not here please email [events@tayfitness.com](mailto:events@tayfitness.com). Please pay particular attention to the information in **RED**. I look forward to seeing you on the day,

**Tay Fitness Events**

**Program Of Events**

- |         |   |
|---------|---|
| 9am     | Information desk opens at McLaren Hall. You can also pick up your event t-shirt (if pre-ordered) and make a Late Entry (if available). Fun run numbers to be collected.<br><b>IF YOU DO NOT NEED TO MAKE A LATE ENTRY OR BUY A T-SHIRT, THERE IS NO NEED TO COME TO THE INFORMATION DESK.</b> |
| 11.45am | Registration desk closes  |
| 11.55am | Race safety briefing at start location  |
| 12pm    | 10K & 5K race starts  |
| 12.05pm | (approx.) 1K fun run starts   |
| 12.20pm | First 5K finisher expected  |
| 12.35pm | First 10K finisher expected   |

There is no prizegiving this year, prizes will be posted out to winners soon after the event.

**Race Registration**

**You should have received your race number and timing chip in the post. If you have, there is NO NEED to come to registration, just show up at the start line ready to run!**

Late entries for remaining 10K and 5K places (if available) and for the fun run can register on the day and collect their race number between 9am and 11.45am.

**Safety Briefing**

There will be a short safety briefing just prior to the race commencing at 11.55am. Please ensure you are at the start line on time to hear the briefing. The 10K & 5K races start at 12pm.





### **On the Day Facilities**

On the day facilities (available for all participants, family and friends to use) are as follows:

- Breadalbane Park – First Aid Tent
- McLaren Hall (Event HQ) – Male Toilets, Female Toilets, Disabled Toilets
- Sports Pavilion (to the right of the McLaren Hall) – Male Changing Rooms and Showers, Male Toilets, Female Changing Rooms and Showers, Female Toilets, Disabled Toilets.
- Station Road Public Car Park - Male and Female Toilets

### **Baggage Drop**

There will be a bag drop available this year. Please look out for the signs!

### **Directions to Killin**

**From Edinburgh and Glasgow (The South and West)** - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2<sup>nd</sup> exit for Criarlach (A84). Follow this road for approximately 1 hour. You will pass through Doune, Callander, Strathgry and Lochearnhead. Drive through Lochearnhead up Glenogle (A85) and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. As you enter Killin you will see the start area on your right. KEEP GOING into the village, crossing the Dochart bridge and follow signs for the event car park.

**From Perth and Aberdeen (The East and North)** – Follow directions for Criarlach (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn right. Drive up Glenogle and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. As you enter Killin you will see the start area on your right. KEEP GOING into the village, crossing the Dochart bridge and follow signs for the event car park.

### **Directions to McLaren Hall (Event HQ)**

From A85 and A827 - As you drive into the village you will pass a Co-op supermarket on your left, the hall is just after this on your left. Car parking is located at the junction on your right just before the hall. If you have driven a different route to Killin you may approach the village from the North Loch Tay Road. If so, as you enter the village you will pass the Killin Hotel on your left and the sports pavilion on your right. The hall is just after the pavilion on your right.

### **Car Parking**

Car parking for the event is in a field close to the event HQ. There will be signs displayed in the village and there will be marshals on hand to give you directions. The car park is located close to the McLaren Hall – take the junction on your right opposite the hall and follow the signs.





### **Event Start**

The start location is in Breadalbane Park, where the race also finishes. It is directly behind the McLaren Hall and easy to find! The safety briefing is at 11.55am and the 10K & 5K race starts at 12pm. The fun run will start just after the 10K race at 12.05pm approx. The fun run route is entirely within Breadalbane Park on paths.

### **Event Finish**

As you finish the event you will run through the finishing funnel and towards the finish gantry. You will then receive your medal. Then make your way back towards the McLaren Hall for a well-earned rest, soup & sandwich. There is no public prizegiving this year. This is a decision we have taken to limit contact and reduce the transmission of COVID 19. Prizes will be posted to participants.

### **Fun Run**

The fun run is open to people of all ages. Children under the age of 5 must be accompanied by an adult, those over aged 5 can run by themselves at their parents discretion. The fun run will start just after the 10K at approximately 12.05pm. All runners will receive their medal and a bottle of water when they finish. ALL children must be collected by an adult at this point. **Please do not leave your child unsupervised while you run in the 10K, there are not enough marshals available to look after any children.**

### **Event Catering**

In the McLaren Hall (Event HQ) there will be stalls selling Soup and Sandwiches, Tea, Coffee and Home Baking. All proceeds of this is donated to Cancer Research.

### **Prizes**

Loch Tay Highland Lodges, and Active Root sponsor the prizes. Again to reduce the potential spread of COVID 19. Prizes will be awarded to: Top 3 men and women in the 10K & 5K and 10K category winners as follows: 1<sup>st</sup> Junior male and female (15-18), 1<sup>st</sup> Open male and female (19-39), 1<sup>st</sup> veteran male and female (40-49), 1<sup>st</sup> Super-Vet male and female (50+), 1<sup>st</sup> Super-super-Vet male and female (60+), Fastest Local male and female (Killin resident). There are no 5K category prizes.

### **Medical Cover and First Aid**

The safety of our participants is paramount. There will be highly qualified medics from Artemis Outdoors and Killin Mountain Rescue Team members available throughout the day. If you feel you





require any medical care – before, during or after the event – please contact an event marshal. The First Aid tent is located at the start/finish line in Breadalbane Park.

### **Medical Conditions**

All competitors must complete the back of their race numbers with relevant medical conditions and next of kin information. If you have any type of medical condition or are currently taking any type of medication please write a large 'MC' on the front of your race number. You must wear your race number at all times during the event.

### **Marshals**

Around the course and at the start and finish there are a number of event marshals (they will be wearing blue bibs). If you have any questions or queries please ask and they will be able to help you or can direct you to someone who can. We will have a 'Covid Marshal' reminding the event team and participants of their precautions that can be taken in order to limit transmission of Covid-19.

### **Water stops**

There will be 3 water stops around the 10K course. These will be located at approx the 2.75Km, 5.75Km and 9Km marks. There is 1 water stop on the 5K route at 2.4Km. There will be volunteers, wearing protective gloves, to give out cups of water. Please dispose of your cups at the tables or by the side of the road so they can be easily collected. To limit the transmission of Covid-19 there will be no sweets and treats at the water stops this year.

### **Distance markers and turn point**

Big yellow distance marker signs will be around the course every KM to help you judge your pace and so you know how far you have left to run, you can't miss them! At the far end of both courses there is a turn point. Run round the cone and back down the course, there will be marshals there to guide you if required.

### **Electronic Timing and Results**

Electronic Chip Timing is being provided by Perfect Timing Scotland. The race numbers contain a disposable timing chip, which will record your time so it is important you don't swap numbers with anyone. This will enable all runners to receive an accurate finish time. You will receive an email after the event when the results are available online.

### **Photography**





There will be an official event start/finish photographer (Ron Allner – The Studio, Killin) present at the event to photograph all competitors along with a couple of 'roving' photographers. You will receive an email when these photos are available to view online.

### **Event Sponsor: Loch Tay Highland Lodges**

We are delighted to have Loch Tay Highland Lodges as the headline sponsor for the event. Featuring Scandinavian built holiday lodges and "award-winning" glamping accommodations LTHL are situated in the central Highlands of Scotland, on the shores of Loch Tay, a few miles from Killin. They are based within Perthshire, one of the most beautiful areas of Scotland; surrounded by mountains, lochs, rivers, and within easy driving distance of Edinburgh, Stirling and Glasgow.

Whether you are looking for a short break away, glamping in one of their new Geo-Domes or are looking for a family in one of their many different lodges overlooking the Loch, you will be spoilt for choice. Take advantage of the great range of watersports and activities available or simply take in the stunning scenery on a walk. With hot tubs now available at many of their accommodations, you can make your holiday even more special by relaxing together after your day in the Highlands.

To book a holiday at Loch Tay Highland Lodges visit [www.lochtay-vacations.co.uk](http://www.lochtay-vacations.co.uk)

**Medical Conditions and COVID-19:** If you have any conditions or are currently taking medication please write a large 'MC' on the front of your number and complete the details on the back. Please be mindful that you may be in large crowds both indoors and out, at these times, wear a mask if you feel it is necessary. If you test positive, please follow all Government guidelines for your own safety and the safety of others.

**Golden Number:** If your race number has a GOLD band behind it, you're in luck as you've won a prize from [quirkychocolate.com](http://quirkychocolate.com), which you'll be able to collect on the day!

**Food Train Connects:** We are working with FTC to provide 'Home From Hospital' food packs for elderly people. If you are able, please choose from their list of desired items at [tayfitness.com/food-train](http://tayfitness.com/food-train) and hand in to the McLaren Hall.

### **Finally...**

There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a 'thank you' as you run past!

